

# Looking for a Healthier Lifestyle?



## New Medicare Benefits Are Here!

Living a healthy lifestyle is important and Medicare wants to help you stay healthy. People with Medicare can now start taking advantage of the following preventive services:

### **Cardiovascular Screening**

Medicare covers cardiovascular screening tests for early detection of, or to identify a high risk for developing, heart disease.

### **Diabetes Screening**

Medicare covers diabetes screening to find out if you have diabetes or if you are at high risk for it.

### **A one-time "Welcome to Medicare" Physical Exam**

Medicare will cover a one-time "Welcome to Medicare" physical exam within the first six months after you have Medicare Part B.

For more information, call your Indian Health Provider or 1-800-MEDICARE (1-800-633-4227). You can call 1-800-MEDICARE 24 hours a day, seven days a week to answer your Medicare questions. TTY users should call 1-877-486-2048. Information is also available at [www.medicare.gov](http://www.medicare.gov) on the web.

## Call your Indian Health Provider or 1-800-MEDICARE today!

Brought to you by the U.S. Department of Health and Human Services.

